



Matthew Syed admits one of his biggest regrets

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Everyone has regrets in their life and sporting careers and Matthew Syed is no exception.

The former England No 1 has got table tennis tongues wagging by admitting on the BBC to trying to cheat Desmond Douglas at the English National Championships.

Listen to his confession by clicking the play button below:

"Regrets, I've had a few..."

Actually [@matthewsyed](#) had just one CORKER. Really, Matthew? ☒

Hear it in full ☒ <https://t.co/80IbJ6q62s> pic.twitter.com/9oKgTOOKUE

— BBC 5 live Sport (@5liveSport) [April 28, 2017](#)

You can also listen to the [whole podcast here](#).

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